

A367 – BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better blueberries, unsweetened. Cultivated type, individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve blueberries. One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve blueberries. CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Blueberries, frozen, unsweetened

	¼ cup (39 g)	½ cup (78 g)
Calories	20	40
Protein	0.16 g	0.33 g
Carbohydrate	4.72 g	9.43 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.14 mg
Calcium	3 mg	6 mg
Sodium	0 mg	1 mg
Magnesium	0.06 mg	0.11 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	18 IU	36 IU
Vitamin C	1.0 mg	1.9 mg
Vitamin E	0.19 mg	0.37 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-26-07)

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Thawed blueberries can be used right from the case.
USES AND TIPS	<ul style="list-style-type: none"> Drain frozen blueberries before serving. Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits. To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice. To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once. Serve thawed blueberries in fruit cups, salads, hot or cold cereals. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. Do not refreeze blueberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.